

MARCH 2012

Brunswick Senior Center

12 East "A" Street
Cathy Barnes, Coordinator

Brunswick, MD 21716

301-834-8115

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Monday	Tuesday	Wednesday	Thursday	Friday
<i>Need Transportation?</i> The Brunswick Senior Center offers round trip transportation to and from the center. We also offer transportation for medical needs, please call for more information.		CENTER HOURS Monday 8:30-4:00 Tuesday CLOSED Wednesday 8:30 – 4:00 Thursday 8:30 – 4:00 Friday 8:30 -4:00	19:00 Strength Training 11:00 Blood Pressure Screening	2 1:00 Grocery Shopping
5 11:00 Open Bowling 12:45 "What's on my Plate" Nutrition w/Kitty Devilbiss	69:00 Strength Training CENTER CLOSED 5:30 Card Party	7 11:00 Self-check Blood Pressure 12:45 "Regular" Bingo	89:00 Strength Training 11:00 Crochet Group 12:00 Celebrate March Birthdays	9 11:00 Lunch Out & Wal-Mart Shopping Trip
12 11:00 Open Bowling 1:00 Trivia	139:00 Strength Training CENTER CLOSED	14 11:00 Ask Nurse Steve Topic: "Never Ignore these Signs and Symptoms" 12:45 "Irish" Bingo	159:00 Strength Training Special Meal Celebrate St. Paddy's Day 6:00 Dinner & Dance	16 1:00 Grocery Shopping
19 10:00 – 2:00 Trip to Emmitsburg for lunch and Wii Bowling fun!	209:00 Strength Training CENTER CLOSED 5:30 Card Party	21 11:30 Lunch Out with Friends 1:00 BINGO at Brunswick House	229:00 Strength Training 11:00 Crochet Group	23 1:00 Dollar General Store Shopping
26 11:00 Open Bowling 11:45 Nutrition Minute 1:00 Trivia	279:00 Strength Training CENTER CLOSED	28 11:00 Self-check Blood Pressure 12:45 "Beverage" Bingo	299:00 Strength Training 11:00 Crochet Group	30 1:00 Grocery Shopping 10:30 am Popcorn & a Movie



Brunswick Senior Center
 "Where everyone is someone"